



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 20031, Millet, raw

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	8.67	--	0.584	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Energy	kcal	378	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Energy	kJ	1582	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	11.02	--	0.685	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Total lipid (fat)	g	4.22	--	0.228	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Ash	g	3.25	--	0.350	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Carbohydrate, by difference	g	72.85	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Fiber, total dietary	g	8.5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Minerals													
Calcium, Ca	mg	8	--	0.388	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Iron, Fe	mg	3.01	--	0.096	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Magnesium, Mg	mg	114	--	4.733	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

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Phosphorus, P	mg	285	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Potassium, K	mg	195	--	5.610	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Sodium, Na	mg	5	--	0.741	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Zinc, Zn	mg	1.68	--	0.114	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Copper, Cu	mg	0.750	--	0.028	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Manganese, Mn	mg	1.632	--	0.076	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Selenium, Se	µg	2.7	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Thiamin	mg	0.421	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Riboflavin	mg	0.290	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Niacin	mg	4.720	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Pantothenic acid	mg	0.848	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Vitamin B-6	mg	0.384	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, total	µg	85	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	85	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Folate, DFE	µg	85	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	10/1989
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2002
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Vitamin E (alpha-tocopherol)	mg	0.05	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	0.9	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Lipids													
Fatty acids, total saturated	g	0.723	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
12:0	g	0.003	143	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
16:0	g	0.528	143	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:0	g	0.154	143	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total monounsaturated	g	0.773	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
16:1 undifferentiated	g	0.014	143	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:1 undifferentiated	g	0.739	143	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
20:1	g	0.020	143	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Fatty acids, total polyunsaturated	g	2.134	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:2 undifferentiated	g	2.015	143	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:3 undifferentiated	g	0.118	143	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/1989
Amino Acids													
Tryptophan	g	0.119	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Threonine	g	0.353	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Isoleucine	g	0.465	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Leucine	g	1.400	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Lysine	g	0.212	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Flavonoids													
Proanthocyanidin													
Proanthocyanidin dimers ¹	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin trimers ¹	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers ¹	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers ¹	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) ¹	mg	0.0	--	--	0	0	--	--	--	--	--	--	--

¹Hellström, Törrönen, A.R., and Matilla, P.H. **Proanthocyanidins in common food products of plant origin**, 2009 J. Agric. Food Chem. 57 pp.7899-7906